

AMENDMENT TO THE CLAIMS

5 *This listing of claims will replace all prior versions, and listings, of claims in the application.*

1. (ORIGINAL) A head restraint for seats in motor vehicles whereby said head restraint reduces occupant's head acceleration and neck tensile forces in cases of impact
10 comprising:

 a post of any shape;
 foam of a desired thickness;
 an insert sized to cover a majority of the surface area on the front face and top of
 said restraint;

15 and trim cover.

2. (CANCELLED) The head restraint as in Claim 1, wherein said insert comprises
 clips in various locations around outer perimeter of said insert whereby said clips snap over said
 post allowing insert some support over said post; said insert molded into said foam; said foam
 fully enveloping said post; said trim cover enveloping said post, said foam, and said insert.

20 3. (ORIGINAL) The head restraint as in Claim 1, wherein said insert comprises
 holes that mate with locating pins over said post; said foam poured over said insert and said
 posts; said locating pins are removed when said foam is poured, said trim cover enveloping said
 post, said foam, and said insert.

25 4. (ORIGINAL) The head restraint as in Claim 1, wherein said insert comprises
 plastic, steel, or any composite material.